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ABSTRACT

This Congressional report contains the remarks made at a special meeting of the United States Committee on Aging to celebrate senior citizen's service to their community and examine policies regarding federally funded senior service programs. The following are among the programs, agencies, and organizations represented: Senior Companion Program; Catholic Charities; Foster Grandparents Program; Retired and Seniors Volunteer Program; South Central Indiana Interfaith Community Council; Big Brothers Program; Corporation for National Service; National Senior Service Corps; Civic Ventures; American Association of Retired Persons; and Purdue University. A large part of the testimony focused on senior citizens' service in areas such as mentoring, literacy education, and companionship and assistance to help other senior citizens remain at home. Extensive attention was also paid to the need for and possibility of additional government funding for the following activities: (1) expansion of existing senior service programs that have proved effective; (2) establishment of financial incentives to increase volunteering by senior citizens; (3) provision of additional training for seniors in areas such as physical and mental health, nutrition, child psychology, identifying signs of child abuse, and provision of long-term care and educational services; and (4) additional research on senior service programs. (Contains 37 references.) (MN)

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OUR GREATEST GENERATION: CONTINUING A LIFETIME OF SERVICE

ED 467 879

HEARING

BEFORE THE

SPECIAL COMMITTEE ON AGING
UNITED STATES SENATE

ONE HUNDRED SEVENTH CONGRESS

FIRST SESSION

INDIANAPOLIS, IN

AUGUST 9, 2001

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OUR GREATEST GENERATION: CONTINUING A LIFETIME OF SERVICE

THURSDAY, AUGUST 9, 2001

U.S. SENATE,
SPECIAL COMMITTEE ON AGING,
Indianapolis, IN.

The committee met pursuant to notice, at 2:16 p.m., in the Union Federal Southwest Pavilion, Indiana State Fair Grounds, Indianapolis, IN. Hon. Evan Bayh presiding.

Present: Senator Bayh.

OPENING STATEMENT OF SENATOR EVAN BAYH

Senator BAYH. If I could go ahead and call this special meeting of the United States Committee on Aging to order and welcome all of you, I'd like to thank all of you for being here today. I'd like to think that you're here because of the importance of the subject matter and your willingness to share a few thoughts with me. I also realize this is one of the few air conditioned buildings at the fair, and I'm sure that has something to do with it as well.

So whatever the cause or the reason, I'm glad you're with us. This is an important subject.

It's the third time I've been privileged to have hearings of the Special Committee on Aging here at the state fair on Senior's Day, and it's a tradition I hope to continue as long as I am privileged to serve on the committee.

I would like to thank everyone here at the state fair who's helped to bring us together and make this facility available starting with Bill Stinson right on down.

Geneva Shedd has been so helpful. She's going to serve as a moderator a little bit later on when we get to the question and answer part of the program.

And I've had a good opportunity to see some friends. I saw Mary Jane Phillippe out there in the audience—there she is—a little bit earlier when I was here with Susan and the boys.

And by the way, I apologize if I'm looking a little worse for the wear. I went in and put on a fresh shirt. I was with my two 6-year-old boys out there on the midway, and made the mistake of going on some of the rides with them after eating lunch. So it was, with the heat and everything else, suffice it to say, quite an experience. They've got more energy these days than their father it seems. So in any event, it's good to be back with all of you.

Just one quick note about last year's hearing. We were very successful. The testimony that we had submitted here at the hearing was very convincing to the U.S. Senate. And it's not very often you

can see a hearing like this translated into action, but we were fortunate to get a million dollars appropriated for fraud prevention efforts to the TRIADS across the country.

We lose $14 billion annually of fraud perpetrated against seniors—let me interrupt here. I have the stars of the family here.

Dear, you want to say hello to everybody?

SUSAN BAYH. Hi.

Senator BAYH. Beau, you want to say hello?

I can't believe they've still got any energy left.

Say good-bye to everybody, boys.

I can't believe they're still running after the morning we put in. Ah, to be 6 years old again.

In any event, we were successful in getting a million dollars appropriated to combat senior fraud. We lose about almost $15 million annually—particularly some of these unscrupulous telemarketers who target senior citizens and try and take the value from people's homes, try and take their life savings. It's really one of the most horrendous crimes that can be perpetrated against unsuspecting people who have worked hard, saved their money, are looking forward to retirement, then have one of these shysters come along and take it away from them.

Here in Indiana alone last year we lost $80 million to this kind of fraud. But because of the testimony last year, we've started a national clearinghouse. We have money going to the TRIADS.

And it's not very often—this is actually a copy of the law that was signed into law by President Clinton, last year after our hearings. And so you can see that we've actually done some good. And I hope that the hearing we're having today will lead to some similar results.

We have Les Lenkowsky with us today. Les, why don't you just stand and be recognized.

Mr. Lenkowsky has been nominated by President Bush to be the head of the National Corporation for Public Service.

And while he hasn't been confirmed yet, Les, I want you to know you can count on at least one vote in the U.S. Senate. That will be me. I look forward to supporting you.

Why don't we go ahead and get on with the program. We're highlighting today the importance of public service. And particularly as this poster over here indicates, "The greatest generation continues to serve."

You know, seniors have contributed so much to our society already, and have so much to continue to offer. We'd like to make it as easy as possible in providing as productive ways as possible for seniors to continue to serve our community as we possibly can.

It's not only good for the seniors—you get the satisfaction of helping others—but it's good for the children, one of whom we have with us here today. It's good for the other seniors with the long-term care that can be provided. It's good for all of the services that can be provided to the community. And ultimately it's also good for the taxpayers.

I'm going to be mentioning in just a few moments the kind of leverage that we have. For every dollar invested in service by seniors, we get many, many times that amount of money in benefits and value back to the community in terms of educational services,

care services, other services. And that's money that otherwise the taxpayers would be having to put up.

So it's good for everyone, and that's why we're here today.

Senator McCain and I will be offering legislation later this year, Senator John McCain from Arizona. It's going to be bipartisan, obviously.

He's focusing in particular in a military service component. We want to create a track where those who want to defend our Nation by entering the armed services can do so, and then when they leave the armed services, if they're so inclined, can pursue a career and a lifetime of public service.

That's a good idea, yes. Thank you, ma'am. I'll tell Senator McCain that you're supportive. And I appreciate that, too.

I'm focusing on the senior service component. And together I hope that we can build upon the great track record of the National Corporation for Public Service and expand the efforts, deepen the efforts, and really make this an integral part of the fabric of American society.

There are many avenues of service available under the Corporation for National Service. We have the National Senior Service Corps, and this includes the Senior Companion Program to provide long-term care services for other seniors; the Foster Grandparent Program designed to provide assistance to at-risk youth, and the Retired and Senior Volunteer Program which provides services in many areas including the environment and others across Indiana and across the country.

Today we have more that 9,500 Hoosier volunteers through the National Senior Service Corps, and their services contribute over $29 million to Hoosier communities each and every year. That's more than 9500 Hoosier seniors volunteering with a value of almost $30 million each and every year to the State of Indiana. So you can see it is a major, major benefit to our State and something that we would like to see expanded both here and abroad.

For example, seniors are helping to combat the long-term care crisis by providing relief services for care givers, some respite care, and assistance with daily activities.

Last year, nationally, over a total of four million hours were provided to frail adults so they could remain independent in their homes by the senior companion volunteers. The value of services provided by the Senior Companion Program is estimated at $185 million, and that's a rate of return on the taxpayers' investment of 5 to 1. I can think of very few investments we make as a country that generate that kind of return of 5 to 1 return.

In Indiana our two senior companion programs, we have 187 volunteers providing services valued at $2.5 million, a rate of return of three times the Federal investment. So it's good for the Federal Government; it's good for the State; it's good for seniors; it's good for all of us.

I am going to skip over most of my prepared remarks. I have got a lot of facts and figures here. For those who are interested, I would be happy to get into it.

And at the end of this, we are going to have as much time as we can for questions and answers. For those of you if we don't have time to get to your questions, please give us on the forms—I think

they're passing out, Sohini—please give us your address, your phone number. We will get back to you. If we can't answer your question here orally today, we will get back to you with an answer to your question in writing, Geneva, so I want to make sure that if you can on the materials, please give us your address so that we can respond.

There are several barriers or challenges that remain. Part of what our proposal will help to accomplish is to make clear that all seniors 55 and older are welcome and encouraged to volunteer. Currently, the age limit is occasionally somewhat more restrictive than that.

We'd like to provide seniors with more incentives to volunteer such as increasing the availability of stipends to low income seniors to 200 percent of the poverty level, and making volunteer hours more flexible. And we'd like to provide seniors with additional training in areas such as physical and mental health, nutrition, child psychology, looking for signs of child abuse, and the provision of long-term care, and other educational services that will be good for the community and that seniors would be readily able to contribute.

We would like to create a demonstration project to fund innovative projects that do not traditionally recruit seniors but respond to an unmet social need. And I think we are going to hear a little bit later this afternoon about the Big Brothers Program, Sohini, which has done great, great work in that area and would qualify for this type of demonstration grant.

Finally we would like the legislation to reauthorize the programs for funding levels that are considered to be necessary, which from my point of view would consider a significant increase. We don't have a particular appropriation number today, but I'd frankly like to see us do substantially better than we have done to date.

I believe there is a chart below me just over here. I can't see it, but on there is a 1–800 number. And I hope our friends from the press who are with us today will focus on that 1–800 number.

For those of you in the audience who are interested in volunteering, this is a national number; it is a clearing house. If you feel that you have some talent and some time that you would like to dedicate, you can please call this number 1–800–424–8867, or visit the National Senior Service Corps web address at www.seniorcorps that's C-O-R-P-S www.seniorcorps.org.

Either way we'd be delighted to get you involved with our volunteer efforts. And again, I want to thank you for your presence today.

Having said all of that, let's get right to our panels. And I want to thank our panelists for taking their time to share with us their experiences today. You know, I get to get up here and give—I suppose it would qualify as a small speech, but these are the folks who are really providing the services and making a difference in our communities each and every day. And I hope it can serve as a source of inspiration to all of us here to get out and do likewise.

First we're going to hear from the Senior Companion Program, the program designed to help with long-term care needs.

Estella? Where is Estella? Estella, thank you for joining us today. I didn't get down there to shake your hand before we started, but I want to thank you.

Estella is our volunteer for the program and has been helping two women at least twice a week, Rose, who is here with her today, and another woman who has Alzheimer's.

Where is Rose, Estella? Rose, thank you for coming today.

Estella is 80 years old and takes care of Rose who is going to be 90 in September.

The Senior Companion Program is sponsored by Catholic charities and faith-based organizations that have actually sponsored several of the volunteer programs funded through the Corporation for National Service.

So, Estella, I am going to look forward to hearing from you. I will start with you first after I have introduced the other three panelists on our first panel.

We will then hear from the Foster Grandparent Program represented by—and I'm going to refer to her as Grandma Jo Littrell. Is Grandma Jo—is that OK if I call you Grandma Jo?

Ms. LITTRELL. That's fine.

Senator BAYH. OK. Thank you.

She serves as a grandmother for Caleb who is 8 years old. Caleb is with us here today. She tutors Caleb in reading, and as a result of their relationship and time together, Caleb's reading has improved dramatically.

So thank you, Grandma.

Caleb, congratulations to you. I spend a lot of time reading with my boys, and I hope you enjoy it as much as they do.

Next we are going to hear from David Knight. He is a volunteer from the Retired and Seniors Volunteer Program. And David is going to share with us his work about the computer and technology training he was provided with so he could maintain contact with his family and continue earning money with his at-home business.

So where is David? David, thank you for being here. We are looking forward to hearing from you third.

And then finally in our first panel from the Big Brothers Program, we have Judge Web Brewer, someone I have known for many, many years.

Judge, I am grateful to you for your service to the community and today for your words about the Big Brothers Program.

Judge Brewer has been volunteering for 2 years and has previously tutored young children. This coming fall he will be volunteering in a program that has not traditionally recruited senior volunteers. It is called, "Talks my father never had with me." He will be able to mentor young males from single parent homes.

And this is increasingly important in many of our urban areas where frankly young men bring children into the world and then just walk away from their responsibilities, Judge, and it's important we try and fill that gap in those young men's lives and give them the kind of role models they can look up to. And so I am grateful to you for participating in that effort.

So let's give a big round of applause to our panelists and thank them for being with us today.

And, Estella, why don't we begin with you. And you can tell us about the service, the volunteer service, that you provide with Rose and others.

STATEMENT OF ESTELLA SMITH, VOLUNTEER, SENIOR COMPANION PROGRAM, SPONSORED BY CATHOLIC CHARITIES AND FAITH-BASED ORGANIZATIONS

Ms. SMITH. I started with Rose in 1995. When I first went to her, she would not talk, she would not eat. She would lie in bed most of the time. But one day I went, and she was up and dressed and ready to tell me what she wanted to eat. And she started talking, and she's been talking ever since.

I take her to all of her doctor's appointments, her dentist appointments, her hairdresser, take her out it eat, and she's having a good time. She's not sitting home pining away because she's 90 years old. She lives alone, and she's getting along well.

Now she tells me that I am part of her family. Every year they have a birthday party for her, and she will not take no for an answer if I don't come. So I have to be there.

And I think that this program is very good for people who are living alone because these things they could not do if they didn't have someone to help them. Many times they go in the doctor's office and they move around so much, when they come out of that office they are distraught and they don't know which way they want to go. So they need someone to guide them and to help them.

I also have an Alzheimer's patient as a client of mine, and I'm learning how to work with her. She will not go out of the house. She will not do anything. But whenever she does decide something, then I work with her. And most of the time she just want me to fix her something to eat.

And she's in the first stage, the stage now that she's accusing everyone of taking her things which are still there, and she can look at them, but she doesn't recognize they are hers.

And I think this program is very good because we do make a difference.

[The prepared statement of Ms. Smith follows:]

Senate Special Committee on Aging

Estella Smith
316 West 39th Street
Indianapolis, IN 46208
317 926-2107
Birth date: March 28, 1921
Re: Testimony

"I volunteer with the Senior Companion Program, which I think is a great Program because we make a difference. In 1986 I retired from L.S. Ayres Dept. store after working for 17 ½ years as an assistant beauty operator, three months later we were told that my husband had colon cancer and had a year and a half to live. He passed away in 1987. His death left a big hole in my heart and my life, I needed something to do, a reason to get up in the morning. I started to look for something to do and I heard about the Senior Companion Program. I called the office, went in to fill an application and had an interview with the director. I went to class, passed the test and was then assigned to two clients. One of my first clients, Mrs. Davidson was 90 years old and her daughter lived with her. The daughter would often become irritable with caring for her mother round the clock. I would keep Mrs. Davidson company and do things for her, so her daughter could get away for a while. My other client Mrs. Porter lived by herself, I was the only person she ever saw. Being a Companion gave me something to look forward to, to go help someone who needed me.

In September of 1995 Mrs. Rose Thurman became my client. When I first went to Rose she was not eating, she would lie down most of the day. She didn't talk, but I kept fixing her food and she started eating and talking and she would try to take walks. Now, she meets me at the door with a big hug and we walk back to her apartment together.

I take her to her doctors appointments, dentist, the beauty shop and we go out to eat and just have a good time. We have friendship; it is as good for me as it is for her.

When the children have her birthday party I always have to go. She will not take no for an answer, she tells me I am family now. Her family appreciates what I do for their mother. They say I help keep her active and in her own apartment.

I also have an Alzheimer's client. She is in the first stage. I am learning to work with her when she is willing to do something, then I will help her to do it. She is in the stage of accusing others for everything that she thinks is happening. I find if I just listen to her and be patient with her, she will be all right. I try to get her do things and go out of the house, but she does not want to. Her brother who is 90 years old and his wife get her groceries, what they forget I pick up for her. I know I am helping both of my clients; the Senior Companion Program really makes a difference. Also, I appreciate the support of my station supervisor and the Senior Companion Program. They are always there to help me"

"I am a Senior Companion, we make a difference."

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Senator BAYH. I would like to thank Ellen Brown for being here. She is the project director that helps make this possible for Estella.

Ellen, is there anything you'd like to add to what Estella had to say?

STATEMENT OF ELLEN BROWN, PROJECT DIRECTOR, SENIOR COMPANION PROGRAM

Ms. BROWN. I just wanted to let you know that we have presently 109 companions such as Estella serving in the greater Indianapolis area, and they serve 164 clients.

However, we have a waiting list of over 200 people, people who are as deserving as Rose who need the help, who need the care that are provided by these generous, wonderful people that we call companions.

And I hope that there's some way that we could understand their living circumstances, because they all live on a very fixed budget. And although the stipend helps, an increase in the stipend would make a big difference in helping them to meet their own needs such as their prescription drugs which are escalating, and fuel and food costs.

These are the kinds of the things that we appreciate because they come to us with such a big heart. And as she said they create a family. And we are very grateful that we have them to serve the community.

Thank you, sir.

Senator BAYH. Thank you, Ellen.

I'm going to ask each of our panelists a quick question when they're done testifying rather than save them all for the end. I think it might flow a little bit better that way.

Estella, let me ask you, this is so marvelous, the work that you do. Can you tell everyone here, and I think particularly for folks who aren't here but might read about this or see this tonight on the news, why do you do it? You must get a lot of satisfaction from this. But tell us why do you volunteer and help Rose?

Ms. SMITH. I volunteered—I had become a widow, and I was lonely and devastated, and I needed something to keep me going. And I started with this program, and it has been a blessing to me.

Senator BAYH. Grandma Jo, we're going to go with you next. But, Marilyn, I skipped over you. You're the project director, and I'd like to thank you for making her service possible.

Grandma Jo, why don't you share your words with us. And I'm sure we'd also enjoy hearing from Caleb.

STATEMENT OF GEQUETTA "GRANDMA JO" LITTRELL, FOSTER GRANDPARENT PROGRAM; ACCOMPANIED BY CALEB

Ms. LITTRELL. By joining the Foster Grandparent Program I fulfilled my dream of being a community volunteer.

After my training, I started at Lincoln Elementary School in August of 2000. Marilyn Morin approached me about a new reading program called Early Steps at Clifty Creek Elementary——

Senator BAYH. Can we move that mike a little bit closer so—there we go.

Ms. LITTRELL [continuing.] Which was closer to my home and asked if I would help with the program.

Being able to help children succeed and achieve really makes my day, every day. Children challenge you, and to see them make better grades and learn more makes me feel really great. This gives me a wonderful feeling of accomplishment.

Caleb Allen is one of the children I worked with this year. His story is a real success story. Caleb's grades went up after I worked with him, and he now reads so well. He scored 355 points on his final reading test in May versus 139 points on the test in August. His reading is now at the right grade level, and he reads with 98 percent accuracy. His teachers have said he will not need any further help in third grade. Caleb is on the right track to succeeding in school.

The Foster Grandparent Program gives people a chance to get out and to make a difference in the community. Foster Grandparents love to give hugs, and we love all of the hugs we receive every day from the children.

Senator BAYH. Marilyn, would you like to add a word? And then we'll hear from Caleb.

[The prepared statement of Ms. Littrell follows:]

Gequetta Littrell, Oral Testimony

By joining the Foster Grandparent Program, I fulfilled my dream of being a community volunteer. After my training, I started at Lincoln Elementary School. In August of 2000, Marilyn Morin approached me about a new reading program called Early Steps at Clifty Creek Elementary, which was closer to my home and asked if I would help with the program. Being able to help children succeed and achieve really makes my day, everyday. Children challenge you and to see them make better grades and learn more makes me feel really great. This gives me a wonderful feeling of accomplishment. Caleb Allen is one of the children I worked with this year. His story is a real success story. Caleb's grades went up after I worked with him and he now reads so well. He scored 355 points on his final reading test in May versus 139 points on the test in August. His reading is now at the right grade level and he reads with 98% reading accuracy. His teachers have said he will not need any further help in third grade. Caleb is on the right track to succeeding in school. The Foster Grandparent Program gives people a chance to get out, and to make a difference in the community. Foster Grandparents love to give hugs and we love all of the hugs we receive everyday from the children.

STATEMENT OF MARILYN MORIN, DIRECTOR, FOSTER GRANDPARENT PROGRAM, COLUMBUS, IN

Ms. MORIN. Grandma Jo is typical of the 92 grandparents we have. We cover Bartholomew, Brown, Decatur, Jackson, and Jennings County, and we have 30 schools, abused children shelters, teen pregnancy programs, and Head Starts. Every one of the facilities we serve ask for more grandparents. That seems to be the No. 1 need.

We all know, and I think our grandparents are very aware, when you touch tomorrow, you touch a child. So we would love to see this program expand so we can touch more children to better tomorrow.

I think we all know that our Nation's history isn't in this room—or our future. Our future is in the classroom, and it is in the abused children shelter. And these children do need more help. So expanding this program would really help.

Thank you.

[The prepared statement of Ms. Morin follows:]

Marilyn Morin, Director Foster Grandparent Program
Columbus, Indiana
Oral Testimony

Our program has 92 Foster Grandparents in 30 schools, 3 Head Start Programs, a Teen unwed mother program and an abused children's home in our five county area. All of the schools and facilities we serve are overcrowded. In the schools we have 28 to 35 second or third graders in a classroom with one teacher and a part time assistant. This does not leave any time for anyone to give children who need extra help and assistance one on one intensive attention and intervention. Our world today for children is so different than in the past, both parents working, schools crowded, our children required to learn so much more than in my generation or even Senator Bayh's generation. The world is changing so rapidly and so is education. If a child is having difficulty in one area or other, he or she may not be able to keep up and may end up leaving school before graduation, discouraged and defeated. Emerson's quote of "Make yourself necessary to someone" is so true of the Foster Grandparents. Foster Grandparents are very necessary, they give one on one intensive tutoring and mentoring assistance to children four hours everyday. They help children set goals for the future, realize their potential and succeed in school. Building self-esteem in children is one of the Foster Grandparents most important tasks, we know if children can learn to believe in themselves, then they can achieve. I would like to quote from a letter written by a Foster Grandparent in Brown County when she first joined us. She states, " I was not sure what I could do in this program, if I could make a difference or if I wanted to work with children." Her first assignment was a child whose attitude was to say, " I can't do that" to everything, after many, many hours of work, she finally changed his attitude to one of " I can or I will try." This led her to write at the end of her letter, "I know now that this is the most important task I have ever undertaken in my life." Everywhere we serve has requested more Foster Grandparents. Governor O'Bannon's wife visited our program several years ago, and told me then – she thought we should have a Foster Grandparent in every classroom and I agree. The Foster Grandparents know the positive impact they have on the children's lives and this knowledge gives them a great feeling of accomplishment and fulfillment. Three years ago our Foster Grandparents were asked why they joined this program, the number one answer was, "to have a reason to get up every morning, to have a place to go and to have a purpose." It is the long-term goal of all Foster Grandparents to see each child they work with grow up, succeed in life and become a contributing member of society. Our future and our nation's future are in the classrooms, the teen unwed mothers programs and in the abused children's homes. All of us in this program know that when you touch a child, you touch tomorrow, we hope this program will expand to help us touch more children to have a better tomorrow for our children and our grandchildren.

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Senator BAYH. Thank you, Marilyn.

We, I think it's safe to say this may be the youngest person to testify before the Senate Committee on Aging, but what he has to say is equally or perhaps more important than most of the others.

So, Caleb, we'd love to hear from you.

CALEB ALLEN. I'm 8 years old, and I go to Clifty Creek Elementary, and I love my foster grandparent, Grandma Jo. She has helped me a lot this year. I really look forward to seeing her every day. She sits by me and we read and did spelling and wrote together.

She gives me hugs and tells me I am doing really good. She has really helped me learn to read better this year. I think it is really great to have a school grandma. I am glad I had a grandma with me this year. I will miss her next year. I wish all the kids could have foster grandparents.

Senator BAYH. Caleb, that was very, very good. Thank you. Thank you very much.

Grandma Jo, let me just say, just as Estella, one of the most pressing challenges we have is the need to help with long-term care for seniors, one of the most accurate predictors—the single most accurate predictor of how our children do in school is whether there's an adult actively involved with that child's education and the home, with the family.

And where a parent can't be involved, a grandparent can. And so if you would just maybe take that microphone and just share with us one more time, you recited how his reading scores have gone up and that kind of thing.

Ms. LITTRELL. OK.

Senator BAYH. Just give us your thoughts about how Caleb is learning, his reading ability has improved because of the kind of special attention he's gotten.

Ms. LITTRELL. Caleb has really been a real good student. At first he was kind of shy, and I had to get to know him; he had to get to know me. My first intentions is to get the trust of each child and to learn what they are interested in, and then we start to work. And this helps me to understand each one.

And his score was 355 points at the end of May, and it went up from 139 points on the test in August which was 98 percent reading accuracy.

Senator BAYH. Caleb, do you like reading with Grandma Jo? [Caleb Allen nodded yes.]

Good. Good. Thank you.

Grandma Jo, thank you.

David, why don't you share with us the services and training you've been able to get.

Ceil, you want to share some thoughts, too?

Ceil, excuse me, Sperzel is the program director. Which of you would like to begin? Here, David, grab ahold of this microphone here. Tell us about the services you've received from the program and the difference it's made for you.

STATEMENT OF DAVID KNIGHT, VOLUNTEER, RETIRED AND SENIORS VOLUNTEER PROGRAM

Mr. KNIGHT. The difference it has made for me—in 1993 I retired. I had two massive heart attacks back to back and a quadruple bypass at Jewish Hospital.

I started a home-based business last year. Things started jumping. I started selling a hot weight loss product where people in the United States was losing ten to twenty pounds a month. Their health was improving tremendous.

I knew I needed a computer. I had to have a computer. I came home one afternoon, there was a message on my door. "You're eligible for free computer classes."

I drove my car two blocks, signed up for the free classes. They were not wall-to-wall classes. These were superb, professional training classes on a one-to-one basis.

I took the classes, and I'm so glad I did. I've benefited greatly. I get on-line today. I order products on-line. I know my conference calls, where they're all over the United States. I view my downline. I'm updated on all price listings of products. It's just great. One of the greatest benefits I received is I'm able to help other people.

I went to our national director's home, taught her a three-way system how to find people no matter where all over the United States whether they're living or deceased. What a great benefit.

Thanks, Lifespan, and thanks to the Indiana State. Thanks so much.

Senator BAYH. Thank you, David.

[The prepared statement of Mr. Knight follows:]

Senator Bayh:

My name is David Knight and I am a graduate of the first phase of Connect 2 Reconnect, a program of the Retired and Senior Volunteer Program in New Albany Indiana. In 1993, I had 2 heart attacks and my doctors made me quit work. That pretty much brought my life to a stop. I was only 49 years old. For 7 years, I was just sitting. Then I heard about network marketing, which is a type of business that I could run from my home. I knew that eventually I would need to know how to operate a computer if I expected to be successful in my business.

Luckily, I rent from the New Albany Housing Authority and they put a flier on my door about the senior services that were available at the Brown Starks Neighborhood Center. One of those was Connect 2 Reconnect, a computer training program. I took regular classes for six months. After that I just called my trainer if I needed help. I was real fortunate to get the classes on a one-on-one basis, because the trainer was able to spend enough time with me to allow me to learn what I needed to know. There were no interruptions and classes only had to be canceled once or twice and those were always made up within a day or two. The entire program was on time. It was punctual and I was real satisfied with it.

The fact that the class was free was very beneficial. I would have had to pay $2000 dollars for this much training and I would have had to buy the computer. I couldn't have afforded that. With this computer 3 minutes away and available 9 - 4:30, I didn't have to wait until I could afford a machine of my own. I could go two blocks from where I was living and had access to the classes and had access to the computer any day of the week when I wanted to walk in. Three weeks after I started the classes, they told me that I could come in and work on my own time and practice on the computer. That helped me a whole lot. I had a real good experience.

What I use the computer for now is to contact my home office, order products, check my clients, file my affiliate report, check product prices - pretty much everything that has to do with my business. This saves all those long distance calls, which I couldn't have afforded. I'm happy to report that I'm at the point in my business where I should start making some profit in about 3 months.

I also use the computer to locate high school classmates and send messages to people on email. And I do research about the area in the Allegheny mountains where I was raised. I go to Brown Starks 3 - 4 days a week to work on the computer. If I don't check the company often, I'm not aware of new lines that come out. The computer keeps me up to date and is what is allowing me to develop my home based business. There's just so much information on the computer that I wouldn't have without it.

It's made a major difference in everything. It's done so much for the business and I'm able to contact people now that I haven't talked to for 40 or 45 years. I'm able to connect with my sister who is in Lyndon Kentucky and help her start her home based business. She in turn recruited a friend who is in the business with her computer.

I'm going to be doing a lot more when I get into advanced classes. I'm looking forward to making things like fliers, brochures and letterhead.

I've been encouraging my neighbors to take these classes, because they can really change

your life.

Introductory paragraphs

David Knight is a retired bookkeeper and welder living in New Albany Indiana. David is testifying today about how Connect 2 Reconnect, a program of RSVP of South Central Indiana, has helped him reenter the work force by starting his own home based business.

Ceil Sperzel has been the Director of RSVP of South Central Indiana for four years, having assumed that position after seven years as Assistant Director. During this time the program has grown to nearly 700 members with a budget of over $100,000. Since building partnerships is crucial to the success of these programs, Ceil chairs the Southern Indiana Transit Advisory Group and the Advisory Council of LifeSpan Resources, which is the local Area on Aging and is a member of seven other local advisory groups and both the state and national Associations of RSVP Directors. She's a lifelong resident of the area she serves and is married and has two grown children.

Suggested question

Since David Knight does not live in a senior housing development, he is not in a position to know how Connect operates there. If your interest is in that program, you could ask how it works.

STATEMENT OF CEIL SPERZEL, DIRECTOR, RSVP OF SOUTH CENTRAL INDIANA, INTERFAITH COMMUNITY COUNCIL, NEW ALBANY, IN

Ms. SPERZEL. I'm the RSVP Director for four counties in the southern part of the State, and we have several programs in addition to placing volunteers in all of the other nonprofits and healthcare agencies in our area. And David is a recipient of services of one of those programs. And as you can imagine, there are thousands of people who are recipients.

In Indiana, there are over 9,000 RSVP volunteers who contributed 1.4 million hours of service last year and every year to their neighbors in need, not just in a technology training program, but in all sorts of helping services.

RSVP volunteers deliver meals, they push wheelchairs, they raise money, they fix houses, they sort books. I could go on forever but obviously I won't.

But the question is why is that important. Why is it important that these people do these things? And the answer is because most of it would not happen if they did not.

Last week when seven senior homeowners called me and said, "My air conditioning is broken in this heat, and I cannot afford to fix it," I wouldn't have had anybody to call if not for our senior volunteers.

The last week of July when 98 families came to our agency's food pantry for help, we wouldn't have had anybody to call if the volunteers hadn't packaged that food.

In this entire spring semester of the year, retired senior volunteers helped in the special ed classroom at one of our local high schools in North Harrison 7 hours a day, 5 days a week. There would have been nobody to do that if it hadn't been for those retired senior volunteers.

We need our retired people to give our country their time, their experience, and their talents, and otherwise nobody else is going to do it. They have all that skill for us, and we need it.

And the other part of the bottom line is that the retired senior volunteers are served themselves. As Estella so eloquently told us, you feel better and you are healthier and you live longer if you have something useful to do.

I was asked in this testimony to tell how to get more seniors into senior service, and the bottom line of getting people to do anything is—80 percent of people do so because they were asked personally. And only 36 of the 92 counties in Indiana are covered by RSVPs, and even fewer in the SCPs and FGPs.

And so I would say to you we would ask Congress to allocate more resources for more programs.

[The prepared statement of Ms. Sperzel follows:]

Testimony for Senator Bayh's Field Hearing

Senior Corps Programs;

Making a Difference Every Day

August 9, 2001

Indiana State Fair

Submitted by Ceil Sperzel
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Senator Bayh:

My name is Ceil Sperzel and I direct the Retired and Senior Volunteer Program of South Central Indiana, which encompasses Clark, Floyd, Harrison and Scott counties. There are 23 RSVP's in Indiana, covering 36 of our 92 counties. Established in 1971, RSVP provides meaningful volunteer opportunities for persons age 55 and over, whose efforts, in turn, improve the lives of those they serve. Annually, 10,000 Indiana RSVP volunteers give over 1,600,000 hours of service through alliances with our courts, schools, hospitals, shelters, food pantries, day care centers, soup kitchens and various community based organizations.

Currently, our RSVP has 678 members, serving 103 programs. During the 11 years that I've been with this RSVP, I have been privileged to witness the immense benefits of this program. It leverages many times the federal investment in local support and work done for the community. We refer to RSVP as the ultimate in win/win programs. It harnesses the energy, skills and availability of a whole generation of Americans and directs those assets at our most pressing and stubborn problems. In the process, it serves the volunteers themselves. Studies have shown, and indeed we see every day, that keeping people productive lengthens their lives and improves the quality of those lives. One of the biggest benefits of RSVP is that it takes people who are on the brink of needing services and turns them into service providers.

RSVP volunteers are working in the full range of human services. It would take a book to describe the many ways they make a difference in our community, so I will give a few examples.

- 20 RSVP volunteers, all men, make small repairs to the homes of low income elderly or disabled families who are no longer able, either physically or financially, to do routine maintenance or repairs on their homes. They fix air conditioners, furnaces, water heaters, stoves, refrigerators, windows, locks, sump pumps and electrical and plumbing problems. And they put up countless handrails and grab bars to make these homes safer for their residents. We have received about $4500 in donations to cover the cost of materials for those whose budgets cannot cover that expense. Clients credit these volunteers with making it possible for them to remain in their homes.
- 10 volunteers are training seniors to use computers to "Connect 2 Reconnect" with their families and friends and with the entire spectrum of opportunities that this technology offers the rest of us. With private grant money, we have placed computers in two senior housing complexes and two neighborhood centers. We pay the phone bills, allowing the residents continuing free access to this technology. Students say that C2R has nearly eliminated their long distance phone bills, has improved their eye hand coordination, has allowed them to be in contact with family members who live in different time zones and has greatly increased the frequency of contact with family and friends. They also report once again feeling part of a world that they thought had passed them by.
- In January we were contacted by Anne Halsall, who turned out to be a 91 year old spitfire of a woman who spends her winters at her son's home in rural Harrison County Indiana. Both her son and his wife work for UPS and are gone for days, sometimes weeks, at a time. Anne knew that it was bad for her to be spending so much time alone and wanted to put her considerable talents to good use. Transportation was a

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barrier. Although Anne drives all over the place in Vermont and indeed drove her car to Indiana in previous years, her son was fearful of what might happen if she had a wreck when they were out of town, so he convinced her not to drive while they were away, which was most of the time. Making use of a rural transit system, we placed Anne in the special ed classroom of the local high school, where she volunteered 7 hours per day, 5 days per week, providing the individual attention that is so essential to these students. On the day before she returned to Vermont, the school threw her an all day party, complete with gifts, thanks, hugs and remarks by the Superintendent. This one volunteer had made an immense difference in the lives of those students. Additionally, Anne's son reported that Anne was a different person once she started volunteering.

I was asked to comment on the best way to involve more seniors in service programs. Actually, there are two ways - start new Senior Corps programs and increase the resources available to established programs.

Since 1996, Senior Corps programs have been encouraged to start new projects to fill gaps in service. Invigorated by this directive, Senior Corps Directors have started programs that deal with literacy, senior citizen safety and well-being, recycling, watersheds, brown fields, radon detection, blindness prevention, food banks, drug abuse, transportation, home repairs, ramp building, Safe Kids and technology application - just to name a few. Except for the few programs that have received Program of National Significance grants, the funding and staff size of the Senior Corps projects has remained static. Clearly some aspect of traditional program operation has been suffering while staff has been creating new programs and measuring outcomes. In most cases, the crunch has reduced the amount of time spent on recruiting volunteers for the broad base of non-profit agencies that we've traditionally served.

Developing new projects usually necessitates raising funds to support those projects. A couple of years ago, CEO Tom Endres noted triumphantly that the federal government is now providing less than 50% of funds for RSVP nationwide. Project Directors are generating the rest of the funds. Every funding source requires a time commitment - whether it's government, United Way, foundations or fund raising projects. Time spent fund raising is time not spent recruiting new volunteers into senior service.

There are plenty of potential volunteers and plenty of challenging, fulfilling volunteer positions. In order to involve more seniors in service programs, you need to invest more resources in the Senior Corps.

Thank you for this opportunity to comment on the value and potential of senior service.

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Senator BAYH. And if we do, you'll put them to good use?

Ms. SPERZEL. Absolutely.

Senator BAYH. Very good. Thank you, Ceil. David, thank you.

Judge, tell us about the Big Brothers. That's a great program, and it's great of you to volunteer. Tell us what kind of difference it's making.

STATEMENT OF JUDGE WEBSTER BREWER, VOLUNTEER, BIG BROTHERS PROGRAM

Judge BREWER. I have been volunteering in the Big Brothers Program and tutoring in School 43. I've tutored two separate kids once a week for 1 hour. We've made a tremendous difference in the lives of these kids. I'm just one of a hundred volunteers.

But I come to this program kind of naturally. I started out my career in the juvenile court. I went on to the Federal Bureau of Prisons. I went over to the Federal court as a Federal probation officer. Elected judge in 1974, served for 25 years.

One thing I determined in my career is that youngsters who don't learn to read prior to the fifth grade are likely to become dropouts, and also a lot of social problems of which you're aware.

My wife was an educator for 35 years. A number of years ago when our senator was Governor, he spoke to a number of teachers. My wife was in the audience; I was not. And one thing our Governor, and senator now, said was that you can determine the number of prisons you have to build by the number of people in the third grade. That stuck with me then.

So I'm about the business of trying to help youngsters to read. And come the fall, we'll be working a new program working with mentoring four or five youngsters who don't have fathers in the home.

The two factors that I have discovered in my career that matters most in terms of making the person a worthwhile citizen is learning to read and having a male mentor.

I lost my dad last year at the age of 89 years old, and Reverend Hasburg once said the best thing a father can do for his children is to stay with their mother. And I remember Father Hasburg saying that years and years ago.

But my experience has taught me that we must work one-on-one with children. It's a very impressive thing to do. And there's something about just any kind of special attention. I'm convinced that you don't have to have a degree, that you don't have to be an expert in that area, but having that youngster read to you and to have his face light up when you respond to him, I think is a great thing in helping that youngster learn to do.

When I was in the third grade, I simply couldn't get fractions, and I thought I was the dumbest kid in the school. We had a member of the family who was in education. My mother asked her to tutor me. I found out that repetition is what learning's all about. And it was through her and the flash cards in determining the difference between one-third and one-fourth and one-fifth, and all those kinds of things, that got me through fractions.

Had I not gotten through fractions, I would have internalized the fact that I'm a dumb kid and I'm a mentor.

This has been a worthwhile experience for me. I didn't do it because I was bored or didn't have nothing to do. Hell, I've got more to do than I know what to do with. But it just comes as a reward to me that doing—just helping one person, I'm just convinced that if all of us just touch the life of one person, we can make this a much better world.

And they told me to limit my comments to 5 minutes, there's a guy over there with a light who blows a horn when you get beyond that, so I will cease my comments.

It's such a pleasure being here, and I encourage you if you're not a volunteer, get on board. It's fun.

Senator BAYH. Thank you. Judge, thank you very much.

He mentioned something that's true. Back when I first became Governor, we had an overcrowding crisis in our prisons, and I brought in a national expert to help us plan for the capacity we'd need in our prisons.

And he put together a big equation—I see Joe Smith sitting here—he put together a big equation, and you look at about ten or fifteen different variables. But the single most accurate predictor of how many people you're going to need to lock up in prison fifteen years later are the number of at-risk children in third grade.

We look at 9 year olds and the circumstances in which they're being raised to predict how many inmates there will be fifteen years later.

And so if there was ever an argument, Judge, for early intervention, reaching out to young men like you've done, like Grandma Jo has done, that's a very good one.

And it's a symptom of a broader problem. And I won't give another speech here, but just suffice it to say there has been a growing trend in our society for the last 15 years or so of particularly very young men who bring children into the world and then just walk away leaving the mothers and the taxpayers to try and pick up the pieces. And the consequences to the children and to society are very, very adverse.

And so if we can get Big Brothers involved, if we can get people like Judge Web Brewer involved to try and fill that gap, I mean, hopefully we can convince more of these young men to do right by their children, to do right by the mothers of their children as Father Hasburg would say, and as the judge mentioned, that's the ideal solution.

But while we're still working on that, Big Brothers and senior volunteers can really make a big, big difference in our young children's lives. I'll just read you just a couple of the statistics.

A child growing up without a responsible male presence—mothers are doing a great job. They are just performing heroic work. The men need to do better.

Where there's no responsible male figure in the young child's life, they're five times more likely to live in poverty when the fathers run off, twice as likely to commit a crime, twice as likely to drop out of school, twice as likely to be abused, much more likely to commit suicide, over twice as likely to be involved with alcohol or drugs, and if a young girl, much more likely to become pregnant as a teenager.

Those are obviously very serious social problems, and we need to try and fill that gap in many of our young people's lives, and Big Brothers and this volunteer effort is doing a good work at that.

Web, I wish we could clone you and spread you around.

I was interviewed out here by the media earlier. I said I'm opposed to human cloning, and I am, but in Judge Brewer's case we might make an exception.

You're doing such good work.

So the last thing I'll say, and then I am going to thank our panel and ask the second panel to come up, you know, very often I'm asked—they say, "Well, Senator, what is this public service? What is this volunteering all about? That sounds kind of general. That sounds kind of vague. Does it really make a difference? Do these dollars really go to something important?" Well, ladies and gentlemen, you're seeing it right here. What they do, they go to Estella to allow her to help provide long-term care to Rose and another woman. That's making a real tangible difference for Rose and for the society and for our taxpayers.

They go to Grandma Jo to help Caleb and other young people, and that's making a big, big difference and improving the quality of education.

They go to help David get the kind of skills he needs to be independent and work out of his home and to help others. That's making an important difference in his community.

And they go to help the Big Brothers and people like Judge Brewer make an important contribution in the lives of young people without whom they might grow up to become juvenile delinquents and end up in those prisons we were just talking about. Those are real tangible meaningful contributions to bettering our society. That's what volunteering is really all about.

And I want to thank our panel today for helping us shine the light on the kind of difference you make for our State. I'm very, very proud of you all. You're really the kind of heroes that we ought to applaud. And let's do that right now. Thank you all for being with me today.

Senator BAYH. All right. If I could have everyone's attention, we have our second group of panelists with us today. And I want to thank each of these gentlemen for their time. I know they're very busy and could be doing many, many other things.

That applies to all of them, but especially Alan Solomont who is all the way down at the left in terms of the audience. He's come all the way from Boston to be with us here today.

Alan has been a long time advocate of public service. He's one of the most philanthropic and dedicated public servants I know. And I want to personally thank him for making the trip to be with us today.

Alan is a member of the Corporation of National Service's Board of Directors, and he's going to provide us with updates of the corporation's activities and suggestions for what we can do to expand upon them.

Next, we're going to hear from Marc Freedman, president of Civic Ventures and author of the book Prime Time: How baby boomers will revolutionize retirement and transform America.

Marc, thank you for being with us today.

Marc's going to provide some data on the positive outcomes associated with senior service and his thoughts on ways to better utilize the programs.

Kenneth Smith from the AARP Board of Directors is with us and will inform us about the AARP senior service activities and how the AARP plans to advance and promote senior service.

Kenneth, thank you very much. AARP does such good work. We're looking forward to hearing from you.

And last, but by no means least, we've got James Perry with us.

Thank you for being with us, Dean. Associate Dean of the School of Public and Environmental Affairs at IUPUI here in Indianapolis. He's going to provide us with concrete data that show the importance of senior service both for the senior and for the community at large.

Dr. Perry, thank you very much.

Alan, why don't we begin with you. And again, I want to welcome you to our State.

He's from Massachusetts, but I think it's fair to say, ladies and gentlemen, we've given him a warm Hoosier welcome here today at the State fair. So let's thank Alan Solomont for being with us.

STATEMENT OF ALAN SOLOMONT, MEMBER, BOARD OF DIRECTORS, CORPORATION FOR NATIONAL AND COMMUNITY SERVICE, ACCOMPANIED BY LES LENKOWSKY AND TESS SCANNELL, ACTING DIRECTOR, NATIONAL SENIOR SERVICE CORPS

Mr. SOLOMONT. Thank you very much, Senator. I'm delighted to be here with all of these wonderful examples of senior service. I'm also pleased to be here with two of my colleagues from the Corporation, Les Lenkowsky, who you recognized earlier and who is about to become the Corporations CEO, and also Tess Scannell who is the Acting Director of the National Senior Service Corps.

I have had the pleasure of witnessing firsthand the benefits to communities when seniors are tapped to meet pressing social needs and the benefits to seniors themselves when they are actively engaged in serving their communities.

But since we are here today to discuss the value of service, permit me to say what a great example you have set in the area of public service. Your career demonstrates the difference one person can make, and you teach us all a lesson about dedicating one's life to the common good.

I was a great admirer of your father's courageous public service, and I'm honored to know his son and to acknowledge your contributions.

Senator BAYH. Thank you, Alan.

Mr. SOLOMONT. Senior service in the National Senior Service Corps are of special interest to me on both a professional and a personal level. I am a businessman and an entrepreneur focused on developing innovative ways to provide health services and elder care to senior citizens.

Although my business interests are mostly in New England, as you know, issues regarding healthcare and long-term care for the elderly are national.

I've spent most of the last 25 years of my professional life caring for frail elders in nursing homes, assisted living facilities, and in the community. And although I describe myself as a businessman and an entrepreneur, I've always felt more comfortable in a room full of white hair than a room full of white shirts.

In the late 1970's as the administrator of a nursing home in Massachusetts, I worked closely with the local Retired Senior Volunteer Program, RSVP, and I saw firsthand how important volunteers were to enhancing the quality of life for residents of that nursing home.

RSVP is just one of the programs of the National Senior Service Corps administered by the Corporation for National and Community Service. The other programs are the Foster Grandparent Program, and the Senior Companion Program. Each of these valuable programs uses the power of senior service to address pressing community needs and brings comfort and support to people in our society who are frequently left behind.

When I talk about people left behind, I mean the tens of thousands of special needs children like Caleb who receive the love, care, and support of a foster grandparent, or the thousands of frail elders like Rose and their caregivers who receive services of senior companions, a program that makes it possible for frail elders to stay independent in their own homes.

And there are tens of thousands of community agencies and individuals that have benefited from the myriad of services provided by RSVP volunteers.

Senator, you could not have picked a better time for this hearing. The Nation and the world's populations are aging at an unprecedented rate. Our generation, the baby boomers, the healthiest, wealthiest, and most highly educated generation in this country's history will soon be retiring. And we don't plan to spend our retirement years relaxing.

Retiring baby boomers are starting new careers, enrolling in universities, learning new skills, and most of all taking what they have learned from their life's experiences and applying them to social causes.

A 1999 survey conducted by Peter Hart for Civic Ventures found that older Americans are seeking volunteer activities that take advantage of their special skills rather than activities that merely fill time.

As a Nation we should seize the experience, energy, and excitement that mark this generation of retirees. The key challenge for the future of the National Senior Service Corps will be to provide opportunities for this very special generation of seniors that will take advantage of their skills and all that they have to offer.

I have provided you and the Committee with a copy of recommendations from the Corporation's Board of Directors which was sent to the President and the Congress earlier this year on the future of all of the Corporation's programs, including AmeriCorps, Senior Corps, and Learn and Serve America.

We recommend that in order to make service an expectation for all people in later life, we must expand service opportunities for all senior citizens. We need to increase resources to expand options and incentives to attract a broader base of seniors, and we have to

get organizations that have not previously used seniors to get involved with the National Senior Service Corps.

We have to remove any barriers in our current programs and program structure that artificially limit the appeal of opportunities for senior involvement in Corporation programs. The Corporation for National and Community Service and the National Senior Service Corps are ready to make senior service meet the needs of the new century.

It was delightful for me to come here from Boston today, and I'd be happy to answer any questions or provide you and your committee with any information that you desire.

Thank you.

Senator BAYH. Thank you, Alan. Let's express our appreciation.

Alan, I just had two brief questions. I would like to thank you for your testimony. The first is in my opening remarks I shared some data about the return of the investment to the taxpayers that comes from our investment in service, that's senior service. Has that been your experience at the Corporation, that it's a good investment for the taxpayers in terms of the return of our dollars?

Mr. SOLOMONT. It gets tremendous leverage. As you said, a return of 3 to 1, 5 to 1. If you just look at the Senior Companion Program and the benefit of providing seniors who are typically living alone, who with a little support can stay living in their own homes, not a burden on publicly financed programs, through the efforts of volunteers or volunteers who are paid a rather modest stipend, and you think of the thousands or the tens of thousands of frail seniors who are staying independent through that sharing and that caring, I don't know that you can find many better investments of our taxpayer dollars at a time when the need for long-term care is going to absolutely explode.

Senator BAYH. It is costs that we avoid and the benefits we incur as a result of the investment.

My second question is about incentives. What sort of incentives are ordinarily the sort of thing we'd look at to encourage seniors to get involved? What would be helpful?

Mr. SOLOMONT. Well, one of the great things that we have done is to make service opportunities available particularly to low income seniors. And we've done that by offering stipends, and modest as they may be, they target our programs to that population.

I think at this point, given the huge need and opportunity for senior service, we also ought to be about removing barriers to service and expanding opportunity for senior service to all income groups.

Not to lose the benefit of making this available to lower income seniors, but also to look to seniors like my 82-year-old mother who needs to get out of the house, who wants to be useful, and whose skills as a registered nurse could be put to good use in a program such as Senior Companions.

Senator BAYH. No question. Thank you again, Alan.

Mr. SOLOMONT. Thank you, Senator.

Senator BAYH. Mark Freedman, thank you for being with us. We're looking forward to your testimony.

STATEMENT OF MARC FREEDMAN, PRESIDENT, CIVIC VENTURES AND AUTHOR

Mr. FREEDMAN. Thanks. It's a great pleasure. I wasn't exactly sure of that when I left San Francisco yesterday and it was 70 degrees with no humidity, but now I can tell you there's absolutely no place I would rather be than in Indianapolis.

Senator BAYH. Welcome to the Midwest in August, Marc. [Laughter.]

Mr. FREEDMAN. Thank you. And thank you also for your leadership on this issue.

As Alan Solomont suggested, the timing just could not be better. Right now this country is on the verge of a demographic revolution. And that word "revolution" is much overworked in our society. But in this case, if anything, it might be an understatement.

We currently have half the people who have ever lived to the age of 65 alive at this time, half the people who have ever lived to the age of 65 in the United States. And we are at a point where life expectancy in the last century has increased by three decades which is greater than all of the increases for the previous 5,000 years.

The population of older adults since we started the National Senior Service Corps 35 years ago has doubled, and that number is going to double again over the coming 30 years, so that by 2030 between a fifth and a quarter of the entire country is going to be over the age of 65.

The demographers have a phrase for that. They call it the Floridadation of America. A phrase——

Senator BAYH. Say that again, Marc. By 2030 what percentage of the population——

Mr. FREEDMAN [continuing.] By 2030 between—depending on which predictions you believe, between 20 and 25 percent of the entire population.

And now, when you think about that, 18 percent of Florida is over the age of 65. So the entire country will have a larger proportion of older adults than Florida does today. And we've heard a lot of hand wringing about what a great burden and cost that's going to be on this country.

But I'm here, along with my colleagues and the people we heard from in the first panel, to suggest that the reality might be quite different, especially if we play our cards right, that this population is really our country's only increasing natural resource.

And you talked before about—in asking Alan Solomont about what the benefits are. The Foster Grandparent Program has a great expression. They say, "Every dollar spent twice." And when we think about not just what the older adults themselves get out of it, but what the young people like Caleb who are receiving the service get out of it, but also what the broader society gets out of closer ties between the generations and a sense of community where everybody feels like they have a part, it's truly an extraordinary opportunity.

And not only do we have great numbers of people coming down the road, but people who are healthier, better educated, in better shape economically than ever before.

When the Foster Grandparent Program was started, 35.8 percent of the older population was living in poverty. Today that number is hovering between 10 and 12 percent.

People are healthier than they've ever been before in later life. The Los Angeles Times just did a survey which showed that Americans over the age of 60 feel 19 years younger than their chronological age. So essentially a 60 year old of today is like a 40 year old of the generation past. And this is a population which is poised to give back, that wants to give back.

The survey that Alan Solomont mentioned, we discovered that giving back through national service, through volunteerism, through paid employment that has a socially redeeming component was a top priority for the current and coming generation of retirees.

So this really is an extraordinary resource, but I'm a little chagrined to have to say that it's probably not only our only increasing natural resource, but our greatest squandered national treasure. We are not making great use of the talent and energy and civic commitment in this segment of the population.

For years we really basically told people to go to the sidelines, that they're no longer valued, that we don't need what they have to offer, and that's been a tragic mistake. And no more so with the current population which is the best educated population of older adults we've ever seen, four times the level of college education than just a generation back.

The social scientists talk about structural lag. They say basically that populations change their talents, their energy, their well-being, but we don't have the kind of images and opportunities that go with that.

And I think that just the timing of looking at the National Senior Service Corps legislation couldn't be a better opportunity to rethink that gap and find a way to close it.

This is our greatest, largest, most impressive national effort to remedy that situation and put the talents of older adults to use. It's a program that has increased from a few hundred people in 1965, to over half a million people.

And yet now on the verge of this demographic revolution, it's a good time to step back and see how these programs can be brought up to date and put in a position so they're going to best serve the coming generation of older adults. And the recommendations you set out earlier I think are exactly the ones that we're going to need.

And this opportunity to step back and look rationally at the programs is needed from another perspective as well. When writing Prime Time, I got a chance to look at the history of the National Senior Service Corps. And while there were many good intentions in the early days, there was also a big role for accident.

One of the great stories, LBJ, when he announced the formation of the Foster Grandparent Program in 1965, he did it on the day of his 58th birthday. And in the speech in which he was extolling the great wonders of the older population and how much they had to offer, the age of the program had been set at 55 back then. He changed it to 60 in every place because he didn't want to be considered an older adult himself, and he was particularly sensitive be-

cause he had no grandchildren at the time, and he was announcing the Foster Grandparent Program.

So there are many ways where a good look at what we're going to need in the future will help.

But I want to close by just saying that along with expanding and strengthening the existing opportunities that are out there, we need to create more options for people. This is an extremely diverse population of older adults with extraordinary skills ranging from those we heard with Judge Brewer, and we need to create a range of opportunities so that people will have choices where they can put into action their great skills.

And I think that there's a chance now to invest in a lot of grass roots activity, much of it happening in Indiana. There's a great program in Columbus called Volunteers in Medicine where retired doctors and nurses are coming together to provide free healthcare to the poor, many other examples of that.

And I think a fund for innovation would go a long way toward widening those kinds of opportunities. And making it—we've heard from a lot of critics of the aging America that graying means paying. But I think the graying of America could be a great payoff.

And we could finally redeem the promise that JFK gave us in the very first White House Conference on Aging in 1960 when he said, "We've added years to life, now it's time to add life to those years." And I think if we do that, we'll not only enrich the lives of older Americans, but all generations.

Thank you.

Senator BAYH. Marc has touched upon a very important subject that frankly doesn't get as much attention in Washington as it deserves. You look at the great challenges that face our country today. We have the globalization of the economy where we're not just competing with each other in this country or our immediate neighbors, but are competing with nations around the world.

We have the technology revolution with information technology, telecommunications that has changed the way we live, we work, and we recreate.

But of all the different changes we face, probably the demographic challenge may be the most profound of all. And we're really not devoting the attention to that that we need.

We have a debate about what to do about Social Security and Medicare, but that's a fairly narrow debate. And I think the point that Marc made about looking at our seniors not as a burden or a problem to be managed, but instead as a resource that can participate in improving the productivity of society and thereby helping us to meet those challenges is a very good one.

We ought to look at this in more of a positive light instead of a negative, the negative light in which it is all too often presented.

And you're right. We're squandering the resource currently. I'd like to follow up on your comment about innovation. The Experience Corps I understand is an innovative program.

Mr. FREEDMAN. Yes.

Senator BAYH. And can you build upon that a little bit and tell us what role can the Federal Government play in fostering innovation in terms of senior volunteerism?

Mr. FREEDMAN. Well, the Experience Corps Program—actually, Judge Web Brewer is part of the Experience Corps here in Indianapolis which is run through Big Brothers Program—is now in seventeen cities. And it exists for one reason, because there was a small pot of money within the National Senior Service Corps for demonstration projects.

And beginning in 1995, that money went into creating the Experience Corps. And we focused entirely on low income inner city elementary schools because we've heard so much about this coming generation was that the generations of older adults are taking the younger generation to the cleaners. We wanted to show a very different image, how the generations could support each other.

And Experience Corps is focusing on creating a caring, humane environment where lots of one-on-one personal attention exists for young people in inner city schools in those seventeen cities.

Senator BAYH. Wonderful. You know, in my introductory remarks I suggested one of the things we want to do is expand the funding available for demonstration projects like that to hopefully accelerate the innovation, and trying some different avenues to encourage seniors to participate.

So I think that's completely consistent with what you're saying and what you're advocating.

Marc, thank you for coming all the way from San Francisco. Alan came from Boston; you came from San—east meets west right here in Indianapolis, IN. So we appreciate your making the long trip. Thank you very much.

And I'm glad with the heat we're having that we don't have the sort of energy shortage you have in California. We'd be in big trouble today. Thank you for coming.

Let's give him a round of applause. [Applause.]

Do you prefer Kenneth or Ken?

Mr. SMITH. Either.

Senator BAYH. Either one. All right.

Well, Kenneth, thank you for being with us. I'm looking forward to your perspective. And thank you for representing AARP here today.

STATEMENT OF KENNETH B. SMITH, AARP BOARD OF DIRECTORS

Mr. SMITH. Thank you. On behalf of the association and my fellow members who are here in the audience, I want to thank you, Senator, and the Committee, for recognizing the valuable, untapped human resource that America's seniors represent to assist in meeting the challenges of our communities and which our communities face today.

We hope that your leadership in this area, Senator, will increase opportunities for older Americans to contribute their talents and reap the satisfaction of knowing that their efforts are valued. Community service has been a part of AARP's vision since our organization was founded with the motto to serve not to be served.

Today I will present an overview of some AARP volunteer activities, the implications for volunteerism in an aging society, what we understand about the change in volunteer experiences sought by

today's over 50 population, and future roles and opportunities for seniors.

AARP has traditionally been and is now engaged in recruiting, training, and deploying volunteers in a wide variety of service roles.

For example, AARP members in over 3,000 chapters across the country currently play an active role in serving their communities. Through each chapter, an average of over 700 hours of service is contributed annually.

Our National Retired Teachers Association has over 20,000 volunteers working with 500,000 youth in 1,000 communities.

Our AARP tax aid program offered free personal and confidential assistance to over 1.6 million persons last year.

Our AARP Senior Community Service Employment Program, CSEP, helped low income job seekers age 55 and older to gain job skills and experiences that enabled them to transition into permanent unsubsidized jobs.

And the AARP Public Benefits Outreach, PBO programs helps potential beneficiaries learn about and receive benefits available through such programs as the Medicare savings program, supplemental security income, and Medicaid, while also educating consumers about their money and management choices.

AARP is proud of these continuing contributions to communities across the country; however, the unmet needs of individuals and communities in contemporary society are daunting.

The challenge we all face is to increase volunteer efforts in ways that build on current successes without limiting the volunteer pool to traditional modes of service, modes that sometimes do not appeal to today's midlife and older volunteers.

American society is changing, and so must our approaches to volunteer service. We believe that more can be done both in mobilizing seniors to serve and in generating service opportunities that are both rewarding and relevant. Both aims are important given the rapid movement of baby boomers into retirement and the changing demographic profile of the volunteer pool.

I would note a few points in this regard. There are twice as many older adults today as compared to 1960, as we've already heard. And by the middle of the next century, America's elders will outnumber its children and youth for the first time in history.

Today's over 50 population is the healthiest and best educated and wealthiest the world has ever seen, as has already been mentioned. They represent a tremendous untapped reservoir of experience and talent.

By the end of the twentieth century, 20 to 30 years of productive living was added to the average lifespan. This means more work years without serious cognitive or physical limitations.

In short, traditional volunteer experiences must be reevaluated for their relevance to human need and adoptability to achieve what appeals to a more robust senior service pool. We must create new roles and outlets that foster personal renewal and provide positive benefits for others in our society.

There is evidence that service provides significant benefits to those prepared to serve such as structure, interaction, a feeling of usefulness.

A 1998 independent sector report found that older adults are extremely willing to serve if they are asked. Continued learning and skills development eases the transition from the workplace to retirement and combats feelings of isolation and loss of purpose that can result after retirement.

Many national organizations in America are experiencing changes in their volunteer force because of the mismatch between the service opportunities offered and those sought by volunteers.

The challenges of facilitating and supporting and encouraging creativity in quality service experiences differ among national, state, and local organizations.

Any endeavor that does not recognize and accommodate these differences may find itself short-lived. We must look to new forms of public interest work. These alternative approaches and roles must include activities research that indicated that seniors today feel about 19 years older than their chronological age?

Mr. FREEDMAN. Younger.

Senator BAYH. Oh, I'm sorry. Nineteen years younger. Yes, I meant to say 19 years younger. That's a marvelous thing, and it I think proves the truth of what Kenneth is saying. As you mentioned, we're dealing with a healthier, wealthier, longer living senior population, and therefore we have to rethink the types of service opportunities available to seniors.

Kenneth, AARP is already providing, as you've indicated, service opportunities in so many ways. What can the government do to amplify the kind of things that you're already involved with? Are there things that we can——

Mr. SMITH. I think encouraging. I think the very fact that your committee is holding a hearing like this encourages the organizations that do the recruiting and the training. That's very, very important.

And there are other ways in which we can partner which will be revealed to us as we move along, but I think the encouragement is very important. I mean, look around here. You'll see the usefulness of all of these people in this room. And life isn't over for any of them.

Senator BAYH. In interest of full disclosure, I think I should indicate to everyone that upon my being sworn into the U.S. Senate I received an honorary membership in the AARP.

Mr. SMITH. Good for you.

Senator BAYH. So I'm 45, but I'm on my way, and I'll be there.

Thank you very much, Ken. I appreciate your time and your presence here. As a matter of fact, I feel a little bit guilty. I should have told all of our panelists that since we're at the State Fair, you could have left the ties at home, but you've been very good in dressing up for the hearing.

Jim, thank you for your time today. We're looking forward to hearing from you, and I'll be interested in hearing your testimony. But you've done so much work in this area, I'd first just like to ask you a question before you get into it.

Does your research indicate—back up the public opinion data that Marc cited about people feeling significantly younger than their chronological age in retirement these days? That's great news.

Mr. PERRY. Well, the evidence certainly indicates that people are better off from a health perspective both physically and mentally, but the research does not try to translate it into the same chronological improvements. Individuals who have been involved in national senior service are healthier, both physically and mentally——

Senator BAYH. Also there's a psychological effect.

Mr. PERRY [continuing.] Apparent in those individuals of similar age.

Senator BAYH. Great.

Mr. PERRY. And there has been some fairly rigorous research that's focused on that particular individual benefit. So it is entirely consistent with that as well as the testimony of the panel that preceded ours.

Senator BAYH. Good. Thank you. Thank you for your testimony. I look forward to it.

STATEMENT OF JAMES L. PERRY, ASSOCIATE DEAN AND CHANCELLORS' PROFESSOR OF PUBLIC AND ENVIRONMENTAL AFFAIRS, INDIANA UNIVERSITY-PURDUE UNIVERSITY INDIANAPOLIS

Mr. PERRY. I am going to focus on something more esoteric than the other panelists. I have no public opinion data to present. But I am going to talk about some of the evaluation research, some of the scientific evidence, and even though it's esoteric, I think it's important because Congress obviously has to justify appropriations and decisions it makes about increasing support for senior programs and other national service programs.

So it's important not only to have the anecdotal evidence which we have received in the earlier panel, but also to look at the scientific evidence. So I am going to do that.

I also want to make one disclaimer—I got pushed to the end of the infield when I came in. I pulled up here, and they said, "No, you're in the wrong spot," so I wound up at the other end of the infield.

And in the process I managed to go past one of the traditions here at the Indiana State Fair which I hope our friends from the coast have an opportunity to take in, and that is the world's biggest boar.

And at the risk of joining the world's biggest boar, I'm going to talk about the scientific evidence. So bear with me. [Laughter.]

Senator BAYH. I was under the impression he was in congress, Dean, so I was glad to see him out there at the hog barn. [Laughter.]

Mr. PERRY. Although the total volume of research about senior service is modest, a significant consistent body of evidence has accumulated about senior service since the founding of the Foster Grandparent Program service in 1965.

In my written testimony, I have appended a bibliography of more than 35 evaluation studies that have been done over the last 30 years. Permit me to summarize a few of those results. I would also be happy to elaborate later during the question and answer session.

In the assessments of national and senior service, a good deal of attention has been given to how service benefits the individual server. One if the examples is Senator Bayh's question about the health and the individual consequences.

Less attention, particularly for senior programs has been given to what service means to the beneficiaries of service and to the larger community. Let me illustrate some of the ways in which senior service has made an impact in the areas of both the beneficiaries as well as the community.

One of the program venues for senior service is Head Start, the early childhood education program. In a 1997 study of what foster grandparents do in Head Start programs, researchers from Westat Corporation looked at education outcomes.

They conducted intensive observations of foster grandparents in six programs, in six classrooms. In effective classrooms, they observed foster grandparents engage in a range of positive interactions with children over the course of the day, including listening attentively and acknowledging their progress and accomplishments.

The foster grandparents helped to develop and reinforce prosocial behaviors through modeling, encouraging children to try new activities, and acknowledging individual contributions to group activities.

Foster grandparents also help children make productive choices and redirect misbehavior by providing children with constructive guidance and feedback.

The researchers concluded that the caregiver behavior has contributed to positive developmental outcomes for children in four areas, (1), emotional well-being; (2), social and behavioral skills development; (3), language development, and (4), cognitive development.

Now that's, again, fairly esoteric scientific language, but again, I think it relates very closely to the example we had earlier from Grandma Jo and Caleb about what happens in the interaction between the tutor and the person doing the reading and the young person who is the beneficiary of that service.

Another example of the impacts on beneficiaries comes from Seniors for Schools which is an initiative for the Corporation for National Service as part of the America Reads Challenge. It sought to recruit adults over age 55 to help children read independently by the end of the third grade.

Sites in nine States participated in the first 2 years of the program. Each of the nine sites conducted local evaluations using standardized and nonstandardized reading skills tests.

Project Star, the evaluator for the project, synthesized results from the nine studies. They found that 88 percent of the students improved their reading skills during the 1998–1999 project year. Sixty-nine percent of the tutored students whose grade level change was measured recorded an increase of one full grade or more.

There are not only benefits for the individuals targeted by service, but there are also benefits for what might be called indirect beneficiaries. Again, Seniors for Schools is one example. Its primary emphasis is student outcomes, especially reading and literacy.

But in the course of trying to achieve those outcomes, seniors also worked with parents and families. Each of the four Seniors for Schools sites sought to involve parents in the schools. Sites also developed activities to promote literacy enhancement in the home.

The reported result was that parents took a more active role in the schools and were better prepared to support their child's development. So the impacts are not only tutor to the child, but also tutor to the larger social network that supports the child in his or her learning.

The benefits of senior service have also been found to go beyond the direct and indirect beneficiaries to organizations and communities. Senior service has been found to produce community-wide impacts.

A common benefit is that senior service permits organizations to expand service. For example, several studies have included that the Senior Companion Program has helped local service providers increase the services they provide.

Another impact of senior service is volunteer leveraging. This refers to the extent to which senior service participants are able to involve other volunteers. One of the best ways for senior service participants to enhance a civic ethic lies in their potential to engage other citizens in voluntary activity. The research provides many examples of how national service participants leverage other volunteers.

This brief summary of the research about senior service shows a broad range of positive effects. The positive results reach direct and indirect beneficiaries, organizations, and communities, and they are only part of the systematic research that has been conducted on senior service.

[The prepared statement of Mr. Perry follows:]

Testimony By

James Perry, Associate Dean and Chancellors' Professor of Public and Environmental Affairs, Indiana University-Purdue University Indianapolis

Before the U.S. Senate Special Committee on Aging
Field Hearing, Indianapolis, Indiana

August 9, 2001

Mr. Chairman, thank you for the opportunity to testify before your committee today. I am James Perry, Associate Dean and Chancellors' Professor of Public and Environmental Affairs in the Indiana University School of Public and Environmental Affairs on the Indiana University-Purdue University Campus. Since 1990, my research has focused on national and community service, particularly AmeriCorps. During 1999-2000, I spent a sabbatical at the Corporation for National Service, where I served as senior evaluator. I have also consulted with the Corporation for National Service and Points of Light Foundation. I am a member of the Indiana Commission on Community Service and Volunteerism.

My testimony this afternoon is organized into two parts. The first reviews the research about the outcomes of senior service. The second part offers three recommendations to expand and improve senior service opportunities.

THE OUTCOMES OF SENIOR SERVICE

In his testimony before this committee, Marc Freedman, President of Civic Ventures and a catalyst for innovations in senior service, notes the dearth of research about the impacts of senior service. Although the total volume of research is modest, a significant, consistent body of evidence has accumulated about senior service since the founding of the Foster Grandparent Program in 1965. I have appended a bibliography of evaluation studies to the end of my testimony. These studies have been supported by the Corporation for National Service, its predecessors, and independent external organizations. I would like to review this evidence because it is demonstrates the value of senior service programs and provides a strong rationale for reauthorization.

Server Outcomes

The cornerstone of many philosophical justifications for national service is its effect on participants. Among the most prominent of the outcomes predicted to accrue to servers are: the development of their job and life skills; a better understanding of, and capacity for, civic involvement; educational opportunities conferred to reciprocate for service rendered; improved self-esteem; greater appreciation of, and tolerance for, diversity; satisfaction from serving; and better health, both physical and mental.

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Self-esteem. Self-esteem refers to a person's sense of personal worth. Service is believed to increase self-esteem. Self-esteem outcomes are especially compelling for senior programs, where the results have been replicated repeatedly. The results of studies of senior service demonstrate that seniors' sense of self-esteem improves through service activity (ACTION, 1981, 1994). Studies of the programs Foster Grandparents (ACTION, 1981; ACTION, 1994; Saltz, 1968, 1989) and Senior Companions (Griffith, 1994) have also yielded evidence that service leads to improved self-esteem of seniors. In addition, seniors derive a good measure of satisfaction from serving, as a number of studies have shown (Booz, Allen and Hamilton, 1975; Freedman and Fried, 1999).

Health . Studies of senior service programs have also extensively addressed the physical and mental well being of the servers. This largely results from the early vision of senior service as contributing to productive aging. Service was envisioned as a way to engage seniors so that their physical and mental capacities did not deteriorate from disuse. A byproduct of stipended service for low-income seniors was that it gave them financial support to improve their lifestyle and reduce stress.

The volume of research about health has been modest, consisting of just six studies. What is striking about the national service-health outcomes are their persistence over time. Research spanning a twenty-year period beginning in the mid-1960s has consistently shown a positive relationship between health outcomes and service. Another noteworthy attribute of this research is that it is among the most rigorous conducted about national service.

Saltz conducted two longitudinal studies (1968; 1989) of a cohort of Foster Grandparents at two and seven-year intervals. The sample consisted of 37 foster grandparents and a comparison group of 22. The foster grandparents demonstrated significantly higher life-satisfaction and adjustment at both the two and seven-year interval. Subjective assessments of health and records of absence due to illness compared favorably to the comparison group and to a national housekeeping sample in their age group. A third study of Foster Grandparents (ACTION, 1981) also produced positive results.

Two evaluations of the Senior Companion Program (SCP) (Booz, Allen and Hamilton, 1975; SRA Technologies, 1985) found similar positive health outcomes. The more recent and rigorous of the two studies, by SRA Technologies (1985), involved a five-year study initiated in 1979. Active Senior Companions and persons on the waiting list to become Senior Companions were compared on mental and physical health in three rounds of interviews conducted over the five years of the study. Entering volunteers showed significant improvement in mental health functioning, while those remaining on the waiting list declined. Volunteers who remained active maintained the level of mental health functioning over the five years of the study, while volunteers who subsequently became inactive declined after they ceased their participation. In addition, active volunteers reported adjusting more positively to the limitations of declining health. In the third and concluding round of interviews, sixty five percent of active volunteers, compared to 28 percent of inactive participants, reported that their health troubles did not stand in the way of doing things they wanted to do despite the fact that the groups were similar in illnesses reported.

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The one study (Arawak Consulting Corporation, 1990) to find no favorable health effects of senior service focused on the National Long-term Care Demonstration Research Project, which operated from March 1982 through November 1983. The project sought to determine whether volunteer services, such as those available from the Retired Senior Volunteer Program (RSVP) and SCP[1], were a viable way of helping elderly persons in need. The project used senior volunteers to provide services to peers needing help. Volunteer services included such things as providing companionship and respite care, preparing meals, and coordinating referral services. Volunteers also helped in communications, home management, chores, and transportation.

Several factors, largely technical in character, may account for why service did not produce health outcome improvements in this study as it had in others. One is that field offices were given significant latitude in selecting the comparison group. This raises questions about the consistency of comparison group selection criteria across sites, their comparability to members of the volunteer (treatment) group, and their comparability to similar groups in previous studies. Another factor is that the composition of clients under observation were different from normal groups receiving service through typical SCP projects. Half the clients were selected for their high functional capability and half for their low functional capability. It is not immediately obvious how client differences could affect volunteer health outcomes. One possibility is that the clients of low functional capability placed an excessive burden on volunteers, thereby increasing health dysfunctions. The technical report of the research also implies that members of the comparison group may have been used to replace volunteers. If this occurred, then the treatment-comparison group distinction would be meaningless.

Summary. Research about health outcomes for servers has been confined to seniors. The positive results are consistent with the expressed objectives for senior service programs, that is, improvements in the health of seniors who serve. Although the volume of research is modest, the positive findings have been replicated several times, suggesting they are robust.

IMPACTS ON BENEFICIARIES

Impacts on beneficiaries involve two subsets of effects, those for direct and indirect beneficiaries. The direct beneficiaries are the groups for whom service is targeted – the homeless in the case of Habitat for Humanity, those in need to tutoring in the case of DC Reads, and shut-in seniors in the case of Senior Companions. An indirect beneficiary refers to parties who are not direct targets of the service who nonetheless reap benefits from the service.

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[1] Although RSVP members participated in this demonstration, the vast majority of the 105 participants were enrolled in the SCP.

Direct Beneficiaries

In a study of what grandparents do in Head Start programs, Achatz and Siler (1997) took a broad look at education outcomes created by a national service program. They conducted intensive observations of foster grandparents in six classrooms. In effective classrooms, they observed foster grandparents engage in a range of positive interactions with children over the course of the day, including listening attentively and acknowledging their progress and accomplishments. The foster grandparents helped to develop and reinforce prosocial behaviors through modeling, encouraging children to try new activities, and acknowledging individual contributions to group activities. Foster grandparents also helped children make productive choices and redirect misbehavior by providing children with constructive guidance and feedback. Achatz and Siler concluded that these caregiver behaviors contributed to positive developmental outcomes for children in four areas: (1) emotional well-being; (2) social and behavioral skills development; (3) language development; and (4) cognitive development.

Another strategy for identifying outcomes in the education arena is synthesis of local program evaluations (Project Star, 1998, 2000). Seniors for Schools is an initiative of the Corporation for National Service as part of the America Reads Challenge. It sought to recruit adults over age fifty-five to help children read independently by the end of the third grade. Sites in nine states participated in the first two-years of the program. Each of the nine sites conducted local evaluations using standardized and non-standardized reading skills tests. Project Star (2000, p. 1-2) synthesized results from the nine studies. They found that eighty-eight percent of the students improved their reading skills during the 1998-1999 project year. Sixty-nine percent of the tutored students whose grade-level change was measured reported increases of one full grade or more.

Senior and long-term care. Elder and long-term care is a close second to the education focus, but the research about seniors has a far longer history than most other national service programs. Research about the effects of national service on the senior population is dispersed across each of the last four decades of the twentieth century, dating to 1968 (Saltz, 1986). Most of the research has concentrated on two programs, Foster Grandparents and Senior Companions (Achatz and Siler, 1997; Booz Allen and Hamilton, 1975; Griffith, 1994; Saltz, 1989; Sociometrics, 1988; SRA Technologies, 1985; Wilson, 1994), but a few studies (Arawak Consulting, 1990; Tschirhart, 1998) have other foci.

The senior-related research about direct beneficiaries is unique in that there are typically two beneficiaries: the caregiver and the recipient of care. Among the reasons for the dual emphasis is the character of national service programs targeted to seniors. Foster Grandparents and Senior Companions require a means test because they were intended to benefit low-income seniors. In addition, the programs are conceived as means to support productive aging. Thus, while the Senior Companion Program seeks explicitly to provide service to aging Americans, it also addresses needs of senior caregivers.

The research indicates that national service has been successful in meeting needs of both senior caregivers and recipients. Caregivers benefit on several dimensions—economic, physical and mental health, and social. An early evaluation of Senior Companions (Booz Allen and

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Hamilton, 1975) found that caregivers placed high value on three benefits from the program, the opportunity to help others, the stipend, and the chance to be active. Research has consistently demonstrated that low-income seniors benefit from service stipends (Arawak Consulting, 1990; Booz Allen and Hamilton, 1975; SRA Technologies, 1985). Saltz's (1989) longitudinal study of foster grandparents identified social and health benefits for senior participants. Foster grandparents showed positive effects on life-satisfaction and adjustment after 1 and 2 years of participation and again after 7 years. Although the indicators of effects on health of participants were mixed, she concluded that foster grandparenting had positive effects on the perceived health and vigor of many participants.

Although many senior programs originated for the benefit of participants, they have also been shown to produce significant benefits for senior clients. Repeated evaluations of senior national service programs (Arawak Consulting, 1990; Booz Allen and Hamilton, 1975; SRA Technologies, 1985) have shown client improvements in areas such as social resources, adjustments to health limitations, and functional independence.

Indirect Beneficiaries

Research on senior service programs has also yielded positive results in the area of indirect beneficiaries. Senior for Schools (SFS) is one example. Its primary emphasis is student outcomes, especially reading and literacy. But in the course of trying to achieve these outcomes, seniors also worked with parents and families. Each of the four SFS sites sought to involve parents in the schools. Sites also developed activities to promote literacy enrichment in the home. The reported result was that parents took a more active role in the schools and were better prepared to support their child's development (Project Star, 1998; Project Star, 2000).

Programs for seniors are also productive contexts for providing benefits to individuals who are not direct targets of the service. Frail and disabled older adults are the primary target of the Senior Companion Program (SCP). Because so much assistance for older adults is provided in the home by relatives, senior companions often provide significant relief for family members (Sociometrics, 1988). Respite for caregivers is an indirect and, in some circumstances, a primary benefit of the service program.

Summary. The volume of evidence for using senior service as a strategy for ameliorating public problems is compelling. The number of positive findings and the absence of null or negative findings is important evidence for the efficacy of senior service as a problem-solving strategy.

ORGANIZATIONAL AND COMMUNITY IMPACTS

Senior service has also been found to produce community-wide impacts. A common benefit is that senior service permits organizations to expand service. For example, several studies (Booz, Allen and Hamilton, 1975; Griffith, 1994; Sociometrics, 1988; Wilson, 1994) have concluded that the Senior Companion Program has helped local service providers increase the services they provide.

Another impact of senior service is on volunteer leveraging. This refers to the extent to which senior service participants are able to involve other volunteers. One of the best ways for senior service participants to enhance a civic ethic lies in their potential to engage other citizens in voluntary activity. The research provides many examples (Freedman and Fried, 1999; Sociometrics, 1988) of how national service participants leverage other volunteers.

A recent example is Senior Leaders, a senior service demonstration. The Senior Leaders model focused on sustained, intensive service (15 or more hours of service per week) of senior in the three Senior Corps programs – RSVP, FGP, and SCP. The senior leaders helped to recruit and support even greater numbers of volunteers age 55 and older. Senior Leaders performed a ranged of tasks and critical functions. Leaders helped to streamline project operations, increased project efficiency and productivity, and improved the quality of services. They served as liaison to volunteer stations and the community. Leaders recruited and mentored other volunteers. Leaders coordinated service projects, helped with publicity, located community resources, and did need assessments as part of project planning.

Conclusion

This synthesis of research about national service outcomes shows a broad range of positive effects. These effects impact servers, beneficiaries, organizations, and communities. Senior service appears to have particularly salutary effects on server self-esteem, health, service quantity and quality, and volunteer leveraging.

RECOMMENDATIONS

Based upon available research about senior service and my general familiarity with the national service field, I would like to offer three recommendations.

Modify the Foster Grandparent and Senior Companion Programs to Expand Opportunities for Intensive Service

The research evidence I just reviewed indicates that the Foster Grandparent and Senior Companion Programs provide significant benefits for seniors who serve, the beneficiaries of their service, and their communities. But these programs reach fewer than 50,000 seniors each year. The opportunities for seniors to serve 15 to 20 hours a week or more must be expanded.

Some of the benefits of expanding the boundaries for intensive service by seniors are

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illustrated in a recent study by a colleague, Mary Tschirhart (1998). Using data that we collected from AmeriCorps programs in three states, she analyzed age-related differences among members for retention, satisfaction, the importance of various interests, and service motivation. She found that seniors in AmeriCorps were motivated more by service desires than instrumental rewards. Rather than focusing on what skills they are developing or the hours they are accumulating toward tuition credits, older stipended volunteers may be focusing most on seeing direct service outcomes such as positive changes in clients' lives. These motivational orientations of seniors need to be harnessed, but doing so will require expansion of intensive-service opportunities.

In his testimony, Mr. Freedman offers several very helpful suggestions for increasing service opportunities using existing programs. Lowering the eligibility age for the Foster Grandparent and Senior Companion Program to 55 is one step toward increasing opportunities. Increasing the income-qualification threshold to 200 percent of the poverty line is another step that would increase intensive-service opportunities. Enacting these changes would help to bring the benefits of these programs to more seniors without threatening their demonstrated success.

Take Senior Service to Scale by Creating Incentives for Social Entrepreneurs

Within the national service community, the goal of enlarging opportunities for service is often referred to as "taking service to scale." In the context of senior service, the scale issue boils down to a simple question: How do we build the supply of quality service opportunities?

One answer is to unleash the energy of social entrepreneurs – nonprofits managers with compelling ideas and the requisite skills and passion to make things happen. Social entrepreneurs have been highly productive increasing opportunities for service since passage of the National and Community Service Trust Act of 1993. Organizations such as City Year, Teach for America, Habitat for Humanity, and Public Allies have been successful creating service models that are simultaneously efficient and effective.

The Corporation for National Service has taken small steps toward supporting social entrepreneurs in its demonstration programs. Among the examples are the Experience Corps, which I referred to earlier and is discussed in Mr. Freedman's testimony, and Seniors for Habitat. Seniors for Habitat is a pilot program involving the Retired and Senior Volunteer Program (RSVP) and selected Habitat for Humanity International affiliates. In 1999 and 2000, eight RSVP projects were funded to use the time, talent, and experience of older adults to build the capacity of Habitat affiliates. The mission of Habitat is to move people out of substandard housing and into their own homes. In fiscal 2000, more than 185 Seniors for Habitat volunteers worked to halve the completion time for construction projects.

One way to radically expand intensive-service opportunities would be to create for senior service the equivalent of national direct programs under AmeriCorps. AmeriCorps national direct funding goes to national nonprofits such as Habitat for Humanity and Teach for America. The goal of national direct funding of new service programs would be twofold: substantially increase the opportunities for intensive service outside existing models at a modest cost to the public. As the AmeriCorps experience shows, large portions of the cost for national direct

programs are born by the private sector.

Increase Funding for Research about Service Innovations that Address Community Needs and Longitudinal Research, Including Studies that Address Sustainability

I endorse the proposal by the Corporation for National Service's Board of Directors (Corporation for National Service, 2000) for more research about service innovation and sustainability. The Board's proposals applied to the full portfolio of Corporation programs, but they seem to be particularly germane to senior service at this stage in its evolution.

The Corporation for National Service has been a leader among federal agencies in its commitment to program evaluation. The relatively long list of studies in the accompanying bibliography reflects this commitment. In recent years, budget constraints required that a much larger share of evaluation resources were channeled to new programs rather than the mature senior service programs. Efforts to expand senior service programs should be accompanied by the research funding to assess whether they work and how they can be improved. Another potential focus for research could be a longitudinal study about the impacts of senior service on age-related decline.

CLOSING

Senator Bayh, thank you for the opportunity to come before you today to address the important issues before this committee. I know I speak for all Hoosiers in expressing appreciation for your leadership on issues of national and senior service.

I request that my full statement be entered into the record.

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Senator BAYH. Let's thank Dean Perry for his testimony.

Dean, it seems to me that the essence of your testimony here today is that service can be considered a win-win-win investment for society. It's good for seniors with the health and the psychological effect; it's good for the direct beneficiaries, Caleb, the Head Start students you mentioned, others, and it's good for society in a broader sense, and in that sense, the taxpayers because we're getting the benefits to the broader public.

Is that a good summary of your testimony?

Mr. PERRY. I think it's an excellent summary.

I think one of the reasons the senior programs have been highly successful is they have been highly focused. Senior programs, particularly the Foster Grandparent and Senior Companion Program, benefit the caregiver by providing some income and support, some meaningful activity. They also benefit the beneficiaries.

In recent years the Corporation for National Service has focused on an idea they call programming for impact which says that the benefits ought to go not only to the senior who is a participant in the senior programs, but it also ought to go to the individuals who are the recipients of service, whether they be other seniors or young people in reading programs or in other service delivery contexts.

Senator BAYH. Well, for the benefit of our out-of-town guests, Alan, Marc, and others, I, Dean, would just like to say how proud I am that someone who's devoting such thought and research to this important subject resides right here in Indiana. So we're very proud to have you on the panel today.

Mr. PERRY. Thanks.

Mr. SMITH. I think what I've heard from my fellow panelists demonstrates that we don't live by bread alone. We live by giving of ourselves. And when that ends, purposefulness in living ends.

Senator BAYH. Very well said, Ken. Very well said.

I'd like to thank the members of our second panel for their testimony today. I believe that the members of the first panel have also remained with us.

And, Geneva, we've reached that part of the hearing. We're winding down. We don't want to keep everyone all afternoon, but we're winding down now. But we're going to have a couple of questions from members of the audience for our panelists.

I, ladies and gentlemen, will stay around after the hearing is over down in front if you have questions for me. And for those of you who submitted questions in writing that we don't get to, we will definitely answer you by mail. I don't want you to think you've been forgotten.

But, Geneva, why don't you have the questions for our panelists.

Ms. SHEDD. OK. Great. Thank you very much. And thank you for holding your U.S. Senate Field Hearing right here in Indiana again this year. We really appreciate this opportunity.

The first question is for Rose, Rose Thurman of the first panel, and the questions is, "How did you find out about the Senior Companion Program? How did it help you in your specific situation?"

As Rose is coming forward, "Rose, how did you find out about the Senior Companion Program? How did it help you in your specific situation?"

Ms. THURMAN. I found out about the Senior Companion through my daughter, Bobbi Brown. She was a social worker for the welfare, and she got me into it. And I have really enjoyed. Please keep it going.

Ms. SHEDD. Thank you, Rose.

The next one is for Marc Freedman and Kenneth Smith. And it is, "Due to my mother's health, she must spend the majority of her time inside her home. How can she volunteer?"

Mr. SMITH. You can volunteer in a variety of ways, and sometimes you can do it by the phone. Calling somebody every day who's shut in is a form of volunteering. And someone who is shut in at home can do that.

Mr. FREEDMAN. I was going to say the same thing. Telephone reassurance programs are all over the country and are enormously beneficial for both sides.

Ms. Shedd. OK. Thank you. I believe because of the time that's the number that we can ask, and that I'm going to turn it back to you.

Senator BAYH. Oh, Geneva, ask one more.

Ms. Shedd. OK. "I would like to volunteer. I do not know where to start. Where can I go to learn about volunteer opportunities in my community?" And that's for Marilyn Morin from panel one.

Senator BAYH. If I could say just one thing first, don't forget our 1–800 number which will provide information. It's a national toll-free number. We can provide information that way.

Would any of our other panelists like to—yes.

Mr. PERRY. The Points of Light Foundation. I don't know whether that's the same number. I don't think it is. It's 1–800–VOLUNTEER. And it will connect you with volunteer opportunities in your communities.

Points of Light is one of the recipients of support from the Corporation for National Service and a partner in national and voluntary service. But 1–800–VOLUNTEER is another avenue.

Ms. SHEDD. OK, Marilyn, did you want to say something about that? And the number is 1–800—for the volunteer number up here is 1–800–424–8867.

Ms. MORIN. I agree. The 1–800 number is the best way. But if you are in Columbus, our numbers are Aging and Community Services. Also in the State of Indiana and nationwide, there are area agencies. The Triple A's all have volunteer opportunities. Thank you.

Senator BAYH. Thank you.

Again, I am going to be standing down in front for anyone who wants to ask me questions when we're done. The others we will all answer by mail. You will receive a response to your question.

I'd like to thank the members of both panels again for joining with us today. Let's give them another round of applause.

Senator BAYH. I'd like to thank everyone from the area agencies on aging. Anyone here from the area agencies on aging today? Raise you hand. I'd like to thank all of you for your help that you provide.

Les Lenkowsky, again, Les, you've been so good. We're looking forward to working with you.

State Director Bill Stinson who is not with us but provided much, much help, and everyone from the State fair.

Tom Haskett, the Indiana Senior Service Director. Tom, thanks—raise your hand. This good man is doing a lot of great work here. Tom Haskett, thank you.

And last, but by no means least, I'd like to thank the Chairman of the Committee on Aging, Senator Breaux and the ranking member Senator Craig. They give me one field hearing a year to conduct, and I'm grateful for them allowing us to have it here at the Indiana State Fair. And I know I speak for them when I say I think this has been our third consecutive successful hearing.

Thank you all again very, very much for your presence today.

This hearing of the Special Committee on Aging is now adjourned.

[Whereupon, at 3:42 p.m., the hearing was adjourned.]

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